

## Women in GOGA Activator

### What is a Women in GOGA activator?

This is a relaxed, fun role keeping in the spirit of Get Out Get Active (GOGA), a programme that supports disabled and non-disabled people to take part in fun and inclusive activities together.

There are a range of barriers that get in the way or stop women taking part in physical activity. Women often are put off by the idea of turning up to activities on their own. They may have worries that they won't fit in or feel embarrassed when they don't know where changing room or lockers are.

The key focus of the role is to support women to feel welcome, be a source of informal information and encourage social interaction. A 'Women in GOGA Activator' will bring their enthusiasm and people skills to support more women to become, and remain, being active in their community.

This role can be tailored to suit your lifestyle/availability/needs.

If desirable, the Women in GOGA activator will be supported to gain skills to help them move into further training, volunteering roles and employment.

### Key parts of the role

- Meet and greet women at GOGA sessions, making them feel welcome
- Be an informal source of information; direct women where to go, where changing rooms are, how much they need for a locker etc
- Create a sense of community for women participating: setting up and administrating social media groups/platforms with regular communication
- Be an extra pair of eyes and ears during sessions, encouraging and supporting women
- Be a mood checker; sensing if GOGA sessions are meeting women's needs or expectations
- Coordinating social aspects; either before or after GOGA sessions or outside of GOGA
- Encourage women to work towards personal goals
- Provide regular updates/feedback to GOGA lead
- Encourage the celebration and recognition of women's achievements, such as regular attendance or achieving a personal goal

## Who could be a Women in GOGA Activator?

### Key attributes, skills and knowledge

- Approachable and ability to build relationships and be part of a team
- A passion for encouraging women to take part in physical activity
- Understand the barriers women may face to being active through lived experience or other.
- Have good communication and listening skills
- An interest in meeting people from a wide variety of backgrounds
- Observant and helpful in nature
- Have a community spirit
- Enthusiasm for being part of the GOGA initiative
- Aged [16 and above]
- Live, work or study in or close to the local area in which the GOGA project takes place
- Committed to spending approximately 1-2 hours a week volunteering.

### What [your organisation/project] provides

- Induction and support from a GOGA lead / volunteer co-ordinator
- Flexibility around volunteering hours
- References for future employment
- Training [this is dependent on the locality to explain what training they will receive and if it could lead to recognised qualifications]

### Benefits for the volunteer

- Feel good factor from supporting women in your community to be more active and confident.
- Meet new people in the local community.
- Improve communication skills.
- Develop skills coordinating social activities.
- Experience ideal for anyone looking for a career in the sport and physical activity sector and or community engagement.